

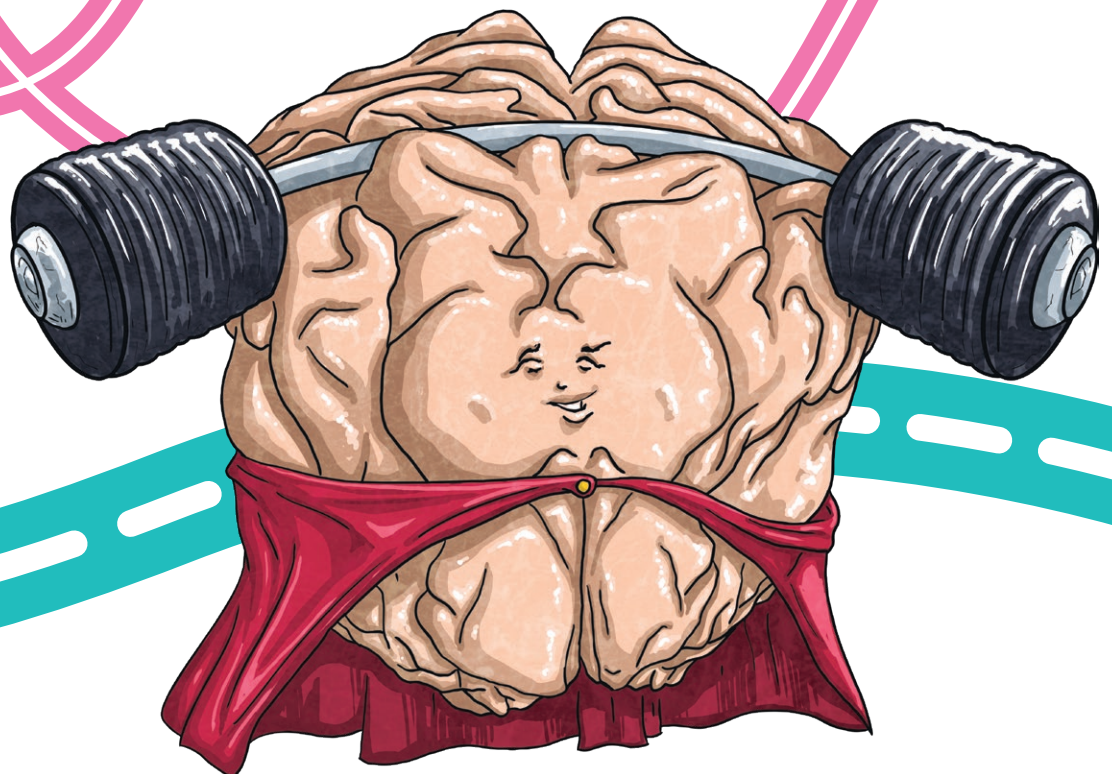
Retrain Your Brain

The idea of this resource is to help you change the way you think, in order to have more positive, happy thoughts.

From time to time, we all think negatively about people, objects and situations. This is a normal part of thinking and everyday life. However, it is useful to think about negative situations that have happened and reflect upon them to find out what positives can be learned from them.

By reflecting on (thinking about) what has happened and what you were thinking at the time, you can change your thinking process and make it more positive. The more you reflect on situations, the more likely you are to think about your behaviour and actions before you act.

Taking time to reflect helps you to learn about yourself and gives you time to adapt your thoughts and behaviour to create a more positive outcome for yourself and others.



Retrain Your Brain

Read and complete the following activity.

The scenario does not have to be related to school. It can be anything you think could have gone better and been more positive.

Write down what happened and try to give as much detail as possible. There is an example provided below for you.

'I was trying to listen to the lesson, but I started thinking about all the things I wanted to be doing instead, such as listening to music at home, watching TV, having something to eat and being out with my friends. I tried to concentrate on what the teacher was saying, but my mind kept drifting. I realised the bell had rung and the lesson was finished. I had no idea what my homework was or what I needed to do for the next lesson. I felt awful and worried. I really wished I had paid attention to what was being said.'

Now, think about the same situation but create a positive outcome to this.

'I was trying to listen to the lesson, but I started thinking about all the things I wanted to be doing instead. I decided that I couldn't let my mind drift, so I had a drink of water to keep my mind alert. I started to pay more attention to the teacher and get more involved with the lesson. I wrote down what my homework was and I knew what I needed to do for the next lesson. I felt happy and in control of the situation. I was proud of myself for doing the right thing and making a positive choice to listen and get involved with the lesson.'

